



OFFICE OF THE MAYOR

51 E. MAIN ST, AMERICAN FORK, UT 84003

March 30, 2020

Residents of American Fork City,

We are officially in the season of spring, known for an awakening of nature around us. Some flowers are poking their heads above the ground; the grass is showing hints of the lush green it will soon become.

Spring is a time of planting, in anticipation of a harvest of vegetables or a beautiful flower garden. When we plant a seed, it is always with hope. This spring continues that portion of hope, even if it is unlike any other most of us have ever seen.

We are learning a lot of new terms – social distancing, stay safe/stay home, and others. These have quickly become parts of our vocabulary and are the new normal.

When we plant a seed, our thoughts are on the bouquets of flowers or the basket of tomatoes we have as our goal. Under today's new normal, we need to keep that same perspective. We hear so much about things that we cannot do or should not do, that it is easy to focus on those rather than the many opportunities that still remain for us.

The limits that are in place for us are temporary, and we need to remember that. While they are in place, let's keep in mind the options that are available. Yes, we have heard that we should not allow our kids to play in public playgrounds. That's the negative. Did you know that American Fork has 223 acres of open space available for play, and the playgrounds and pavilions are only a small portion of that? The big picture gives so many more options than we usually consider.

City staff members have worked with experts in and outside our community to determine how we should adapt to best thwart the virus that is threatening. As the situations change, American Fork will get information out to the public on the recommended methods to adapt to those new circumstances. We have worked hard to prepare and want the residents to know the city is still open for business.

Some things are better than usual. The senior citizens have counted on a lunch available to them through the Senior Center. That has been expanded to include any seniors who need a meal. And there is no charge. Seniors who schedule at least a day in advance can just drive up to the senior center at 54 E Main and pick up their meal to go. No need to get out of the car.

Mayor Brad Frost

Kevin J. Barnes, Barbara Christiansen, Clark Taylor, Robert Shelton, Staci Carroll

We're also still offering Meals On Wheels to those who qualify as well. If you don't need a meal, but know someone else in need, you are welcome to pick one up for them. Seniors can schedule the meal pick up by calling the center at (801) 763-3090.

For an individual's mental health, getting outdoors can be a boost. Take a leisurely drive down to the boat harbor or visit a place you don't often go. Take a look how the community is growing. Just be sure to use common sense. Go for walks on our streets, parks and trails, but don't gather in a large group while you do it.

I issue a challenge for our residents to go beyond themselves and think of friends and neighbors who could use a little help of any kind. A phone call can brighten someone's day without taking much time. A shut-in who has a hard time getting around may appreciate you placing a newspaper within easy reach. Find joy in serving those around you. It will draw our community closer and draw your family closer as you determine ways you want to serve. Some of the seeds we plant in these times will last for many years to come.

Some of your neighbors may be laid off from their usual work. You may not be in a position to help monetarily, but reassuring that person of their value and worth may make a big difference in their lives.

We will continue to move in step with our county and state health officials and support those who have worked tirelessly to help us through these unique times.

The city employees are dedicated to helping the public, who are actually their employers. Many have gone above and beyond their regular duties. As the Fitness Center is closed, many of its employees are working to provide the lunches to the senior citizens. We will ensure that clean water is available, the streets are clean, and resources are available to help.

Call (801) 763-3000 for the city offices if you need assistance.

Remember, we are all in this together. We will get through it together.

Thank you,



Mayor Brad Frost

Mayor Brad Frost

American Fork

city scoop



**STAY
SAFE
STAY HOME**

AMERICAN FORK
— 1853 —

Stay Up-To-Date on Covid-19

As we continue to navigate this unfamiliar time, American Fork City is dedicated to keeping our citizens safe in every way possible. While listening to both state and federal guidelines, we have continued to implement best practices in an effort to minimize the effects of the COVID-19 virus on our community. Though we understand all of us are being affected to some degree by this unfortunate pandemic, whether physically or economically, extremely important steps are necessary to be taken that will no doubt disrupt our daily lives.

That said, please be aware of the following state and city directives:

Governor Gary R. Herbert issued a “Stay Safe, Stay Home” directive to all Utahns. This is not a shelter in place order, but rather the next step in the Urgent Phase laid out in the Utah Leads Together plan. This direc-

tive seeks to make clear what individuals and businesses should do to slow the spread of COVID-19 in our state and communities.

Goals of the directive are to flatten the curve, reduce the strain on hospitals and the healthcare system, and minimize the impact on medical resources for those with highest need. In line with state guidelines, American Fork City has closed all playgrounds (not parks) as well as the lobbies in all city buildings, including Administration and Public Works. The city has also closed the recreation center until further notice. And while you can’t walk into the library, you can still pick up ‘holds’ and check out eBooks online.

Because information is being updated on a daily basis with regard to COVID-19, please visit www.afcity.org/coronavirus to stay informed with latest information.

IN THIS ISSUE:

Talk Shop with a Cop	2
Senior Citizen Meals	2
Burn Permits	2
Pressurized Irrigation	3
Communities That Care	3
COVID-19 Impact on Services	4

CONTACTS

OFFICE NUMBERS

Administration	801-763-3000
Public Works	801-763-3060
Library	801-763-3070
Fitness Center	801-763-3080
Senior Center	801-763-3090

NON-EMERGENCY

Police	801-763-3020
Fire & Rescue	801-763-3045

ON-CALL/AFTER-HOUR

Water/Pressurized	801-404-1253
Sewer/Storm Drain	801-404-7167
Streets	801-404-1255
Garbage	801-924-8500
Street Lights	800-814-4311
Parks	801-404-1257

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www.afcity.org

TALK SHOP WITH A COP

Building Resilient Families



Several Mayors in Utah County recently hosted a presentation by A. Lynn Scoresby, on helping to build resilient families. The presentation was very informative and provided a lot of great advice. As a police department we frequently get called to assist families who are having challenges in today's world. The following suggestions from Dr. Scoresby can help us all better deal with today's challenges.

Limits should be placed on the use of cell phones and other electronic devices. Studies have shown that teenagers spend an average of seven and a half hours a day on social media. This can lead to higher rates of anger and frustration, depression, less empathy, and poor face-to-face communication skills. Students who reduced the amount of screen time experienced an improvement in test scores.

See your children as individuals. Each child has a unique sense of who they are and unique traits. You will likely want to adapt your approach, communication style, discipline, and expectations to each child.

Promote positive discipline so that you can influence behavior, yet avoid overreacting. This can include: prepare more than

you punish, encourage more than you criticize, communicate more than you control, resolve together more than you isolate, and love them enough to limit problem behavior.

Talk about your family history and engage in genealogy. Studies have also shown that making sure that family members know their family histories and feel like they are part of that history are more resilient to the challenges that they will experience in life.

The department's Communities that Care Program is working to develop programs to help provide resources to the families in our community. We are always looking for community members who are interested in helping with this effort. You are also encouraged to contact A. Lynn Scoresby if you feel that you and your family can benefit from his research.

You are encouraged to contact the police department if you have any questions; e-mails may be sent to **policetalkshop@afcity.net**. Depending on the number and type of questions received, your question may be answered via the city newsletter, e-mail or phone call.

Drive-Up and Go Meals for Senior Citizens

Due to recommendations from the State Health Department, the Senior Center has temporarily halted in-house dining. Instead meals will be available Monday through Friday, in a drive-up and go fashion at the back of the center located at 54 E. Main St. When you arrive, someone will hand you a pre-packed meal that you can take without getting out of your car!

- Meals are for seniors 60 and over and spouses who are over 60
- Meal pick up is between 11 and noon, Monday through Friday

SCHEDULING MEALS

- Meals must be scheduled by noon the day prior to pick up
- Meals can be scheduled for the entire month
- To schedule meals, call 801-763-3090
- Meals are encouraged only for those in need.

The monthly menu is available on the last Friday of the previous month. You can check the menu online at mountainland.org/menu-utah-county.

MEALS ON WHEELS

This is also available for seniors, 60+ who are housebound. Schedule meals through Mountainland, Association of Government (MAG) by calling 801-229-3821

Get a Burn Permit Online

While American Fork City offices are closed to the public due to COVID-19, we are still accepting online applications for a burn permit. Please visit afcity.org to fill out and submit an application. You'll find the application by navigating to Residents > Fire & Rescue > Fire Prevention > Burn Permit. Controlled burns are allowed March 30th through May 30th but require a \$20 permit.

Pressurized Irrigation Begins April 15th

How to Prepare for P.I.

1. Make sure your P.I. water valve is shut off in your service box.
2. Turn sprinklers on or open up hose.
3. Make sure filter is clean and attached.
4. After April 15, slowly open up water valve in your service box.

WHAT IS P.I.?

Pressurized Irrigation (P.I.), or Secondary Irrigation, is the clean, but non-drinkable water used most often in sprinklers and gardening.

WHEN DOES P.I. START?

Pressurized Irrigation will open up to residents on April 15, and will run until October 15. However, the city begins to fill the P.I. system as early as April 1. In order to ensure your sprinklers are not damaged, follow the instructions in the “How to Prepare for P.I.” box in this section.

American Fork City 2020 Water Schedule

WEEKDAY	HOME ADDRESS (not street address)	TIME
Sun, Tue, Thu	Even	1 am – 11 pm
Mon, Wed, Fri	Odd	1 am – 11 pm
Sat	All*	1 am – 11 pm

*Saturday: Only spot watering or temporary sprinkler use for purposes of system maintenance is allowed.

METERING P.I.?

Utah State Legislature just passed a bill requiring cities to begin metering P.I. for all new development starting in 2020, and to add secondary meters to existing development by 2039. American Fork City will work to develop a plan to transition current and new development to P.I. meters so we are in compliance with state law.

WATER SCHEDULE

While water levels are better this year, the watering schedule is still important to maintain consistent water pressure throughout the city and establish good watering habits that meet yard needs while reducing overwatering. Visit the City’s Website to see 2019 watering schedule.

For more information visit our website or call 801-763-3060.

Tips on How to Cope With Social Distancing

The Social Development Strategy is one of the most important parts of the Communities That Care Process. In short, the Social Development Strategy says that if you provide young people with meaningful opportunities to be involved, teach them the skills to be successfully involved, and recognize them for their involvements, they develop a stronger bond to you.

As you spend more time with your family in the coming days and weeks, think of ways to implement this strategy in your home. Provide your children with new opportunities, teach them

the skills necessary, and recognize them for accomplishing them.

Here are some examples: Involve your kids in a home improvement project, teach them a new cooking skill, learn a new sport together, teach them to plant and care for a garden, etc. There are still so many options, even when practicing social distancing from others.

Follow American Fork Communities That Care on Facebook or @americanforkctc on Instagram to get daily tips for family bonding during this time of ‘social distancing’!

Research has shown the benefits of bonding. Now, more than ever, families need to focus on each other.

American Fork Communities That Care

COVID-19 IMPACTS TO AF CITY SERVICES

Rather than coming into City facilities, residents can accomplish most City needs online or over the phone by visiting afcity.org or calling 801-763-3000. This includes paying your City bills, signing up for utilities, and even requesting a dump pass!

Additionally, in an effort to follow the recommended guidelines from state and federal officials, and practice what has been called an “overabundance of caution”, American Fork City would like to institute the following changes to specific city services. These changes will remain in effect throughout April. However, the city will evaluate during this period to determine if additional changes to services are necessary.

Administration	In an effort to keep our citizens safe and as recommended by the Utah State Health Department, all AF facility lobbies are temporarily closed to the public. However, we’re still open for business! Please use the following methods to contact us: Phone: 801.763.3000 Email: utilities@afcity.net
Fitness Center	American Fork Fitness Center will be closed. This will include all programs, classes, and activities, including pool activities. In light of these closures the city plans to extend the end dates if possible for current programs as well as patron passes. Depending on the circumstance we may also offer refunds. For more information please visit afcity.org/fitness .
Recreation Programs	All American Fork outdoor recreation programs will be postponed. This will include baseball and spring soccer. If possible, the City plans to extend the end dates for these programs. Depending on the circumstance, we may also offer refunds. For more information please visit afcity.org/recreation .
Senior Center	Until further notice, all activities and reservations at the senior center will be canceled. However, the senior center will still be offering meals for qualified seniors Monday through Friday, 11:00 am to 12:00 pm. Seniors who use the Meals On Wheels program will still have meals delivered to their homes as usual. Qualified seniors who come to the center for meals can pick them up through a drive-through service at the back of the center. Meals must be scheduled a day in advance. For more information visit afcity.org/seniors or call 801-763-3090 during office hours.
Library Services	American Fork Library will be closed, including all scheduled programming, room reservations. We will be offering physical book pick up and drop off. Additionally, patrons can still take advantage of our eBooks and eAudiobooks. For information on these services call 801-763-3070 or visit afcity.org/library .
Public Safety	All scheduled tours of the police and fire stations are canceled. If you suspect you have COVID-19, or have questions regarding the virus, we ask that you not go directly to the police or fire stations. Rather, we ask that you utilize existing resources such as the coronavirus hotline (800-456-7707) or website (coronavirus.utah.gov). If you’re feeling ill and it’s not an emergency, we ask that you contact your physician or use telehealth to assess the next steps. While our police and fire services are trained to handle COVID-19 emergencies, they are still required to operate as usual and have limited capacity to take every person’s questions regarding the virus.
Public Meetings	Pursuant to COVID-19 Federal guidelines, future public meetings will be conducted electronically. They can be viewed live at the City’s YouTube page. Citizen’s may submit comments via email at zoompubliccomment@afcity.net . All comments must be submitted three hours prior to the start of the scheduled meeting, or earlier.